

# Chair Yoga

## at Thomas G. Crowder Woodland Center

**This dynamic class will increase fitness and be challenging at appropriate levels for ages 50+.**

- Use a chair as a prop for yoga stretches
- Strengthen muscles that support joints
- Practice breathe awareness to promote a calm mind and body
- Great for all levels, accessible but challenging
- Certified yoga instructor

**Dates:** Tuesdays

Aug. 8 - Sept. 12

#208530

Oct. 3 - Nov. 7

#208531

**Time:** 6PM - 7PM

**Ages:** 50 and up

**Cost:** \$50 Residents; \$65 Non-residents

**Instructor:** Tina Stephens



**RALEIGH**

Parks,  
Recreation and  
Cultural Resources

[parks.raleighnc.gov](http://parks.raleighnc.gov)

Thomas G Crowder Woodland Center

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